



**Karolinska
Institutet**

Course syllabus for

Theme Healthcare - Health Promotion, 4.5 credits

Tema hälso- och sjukvård - Hälsofrämjande arbete, 4.5 hp

This course syllabus is valid from autumn 2018.

Please note that the course syllabus is available in the following versions:

Autumn2017 , Autumn2018

Course code	1FY040
Course name	Theme Healthcare - Health Promotion
Credits	4.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Physiotherapy
Level	G2 - First cycle 2
Grading scale	Fail (U) or pass (G)
Department	Department of Clinical Neuroscience
Decided by	Utbildningsnämnden NVS
Decision date	2017-04-25
Revised by	Education committee NVS
Last revision	2018-04-13
Course syllabus valid from	Autumn 2018

Specific entry requirements

The course has as prerequisites the following credits must have been approved: Theme health care - Health promotion (4.5 credits in semester 5), all previous credits from semesters 1-3, as well as Theme Healthcare - Clinical Medicine 2 and Theme Intervention - Physiotherapy 4 in semester 4.

Objectives

The aim of the course is for the students to acquire knowledge of factors that influence the preconditions of health at group, organizational and community level, and develop the capacity to participate in health promotion interventions at group and community level.

After completing the course, the student should be able to:

- Use models and concepts from public health science to explain the impact of the society on the health of individuals and groups
- Discuss the significance of different types of constructive and destructive forces on interaction

and conflicts within and between groups of individuals

- Define and describe the general characteristics of the way people acquire, process and react to information about themselves and their social environment, and describe the various forms of social influence on individuals and groups
- Discuss personal experiences of group interactions, using concepts and models from group psychology and social psychology
- Create a plan for a health promoting project aimed at groups, organisations or populations
- Communicate effectively and appropriately in English within the subject area

Content

The course covers the following topics:

Public Health Sciences

- Risk factors and protection factors for physical and mental health
- Health inequalities

Group and Organizational Psychology

- Group mechanisms
- Core design principles of functioning groups

Social Psychology

- Social cognition and Decision making
- Social influence

Health Promotion

- Health promotion interventions on group, organisation and society level

Teaching methods

The teaching is based on a problem-oriented and collaborative approach to learning in which the tasks provide opportunities for the student to take active responsibility for their learning. The used teaching methods are lectures, interactive exercises, group assignments, home assignments, literature reviews and feedback on other student assignments. Part of the teaching will be conducted interactively via the course website. All teaching, examinations and other coursework will be in English.

Compulsory elements in the form of group work and seminars are included in the course. The course coordinator decides whether, and if so how, absence from compulsory course elements can be made up. Study results cannot be reported until the student has participated in compulsory course elements or compensated for any absence in accordance with instructions from the course coordinator. Absence from a compulsory course element could mean that the student cannot retake the element until the next time the course is offered.

Examination

The course is examined according to the following: In project groups:

- Written report and oral presentation

Individually:

- Written reflection task

To pass the course, grade Pass is required on all examination assignments. Late submissions of examinations are not accepted. Students who have not submitted on time are referred to re-examination.

Students who do not pass a regular examination are entitled to resit the examination on five more occasions. If the student has failed six examinations/tests, no additional examination will be provided.

Transitional provisions

An examination will be made available for a period of one year in the event of the course being discontinued or a new course syllabus being devised.

Other directives

Course evaluation is carried out according to the guidelines established by the Board of Education.

Literature and other teaching aids

Naidoo, Jennie; Wills, Jane

Foundations for health promotion

4th edition. : Amsterdam : Elsevier, 2016. - ix, 335 p.

ISBN:0702054429 LIBRIS-ID:19413360

[Library search](#)

Wheelan, Susan A.

Creating effective teams : a guide for members and leaders

Fifth Edition. : Thousand Oaks : SAGE Publications, Inc., 2016 - 155 pages

ISBN:9781483346120 LIBRIS-ID:17389978

[Library search](#)

Biglan, Anthony.

The nurture effect : how the science of human behavior can improve our lives and our world

Oakland, CA : New Harbinger Publications, 2015. - 252 s.

ISBN:9781608829552 LIBRIS-ID:17368961

[Library search](#)

Thaler, Richard H.; Sunstein, Cass R.

Nudge : improving decisions about health, wealth and happiness

London : Penguin Books, 2009 - x, 305 p.

ISBN:9780141040011 LIBRIS-ID:11864794

[Library search](#)

Wilson, David Sloan

Does altruism exist? : culture, genes, and the welfare of others

New Haven : Yale University Press, [2015] - x, 180 pages

ISBN:0300189494 LIBRIS-ID:17566539

[Library search](#)

Marmot, Michael

The health gap : the challenge of an unequal world

London : Bloomsbury, 2016 - 387 s.

ISBN:9781632860804 LIBRIS-ID:19884778

[Library search](#)

Social determinants of health : the solid facts

Wilkinson, Richard; Marmot, Michael

2. ed. : Copenhagen : World Health Organization, cop. 2003 - 31 s.

ISBN:92-890-1371-0 LIBRIS-ID:9340364

[Library search](#)